

# Tabak's HEALTH PRODUCTS

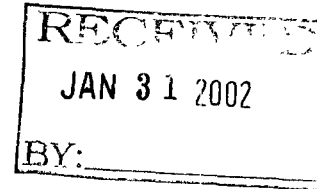
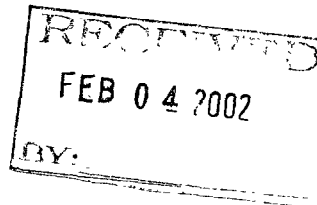
A Corporation

Our Guiding Philosophy:  
Superior, Science-Based  
Nutritional Supplements

79145

January 2, 2002

Mr. Robert Moore  
Food and Drug Administration  
200 C. Street SW  
Washington, DC 20204



Dear Mr. Moore,

In compliance with the final ruling for Dietary Supplements dated January 6, 2000  
here are copies of our offers for your files:

Sincerely,

A handwritten signature in cursive script that reads "Cindy Nydell".

Cindy Nydell

Enclosures


97S 0162 LET 9249



Our Guiding Philosophy:  
**Superior, *Science-Based***  
**Nutritional Supplements**

I, Lawrence Tabak, certify the accuracy of the information presented and contained in the notice is complete and accurate, and that we have substantiation that the statements are truthful and not misleading.

To the best of my knowledge and belief, I believe the above is true.

---

Lawrence Tabak,  
President

# Free 30-Day Trial

No Risk To You  
If at any time you would like  
postage to respond to this offer or  
return product, call 1-800-749-3937  
for a postage paid reply label

[DATE]

[KEY CODE]

[CUSTOMER#]

[FINDER#]

Issued [Firstname Lastname]  
To: [Street Address]  
[City, ST Zipcode]  
[Barcode]

[Firstname, sign the back. Correct address if needed.]

[Tear Here and Mail Today!]

How to Get Some Sleep!  
(Your Life May Depend On It)

[Firstname Lastname]  
[Street Address]  
[City, State Zipcode]

[Date]

Dear [Firstname],

Are you getting enough sleep?

No? Don't worry. You're not alone.

According to the National Sleep Foundation, seven in ten adults experience sleep problems. And it's getting worse: The same study shows more than a third of Americans get less sleep now than they did just five years ago!

This is not just a nuisance [Firstname]. It's serious.

What's the cost of not sleeping enough at night? 100,000 Highway crashes. 71,000 Injuries. 1,500 Deaths. Each year.

But what about the indirect cost? Did you know that not getting proper rest at night can impair your health? Sap your energy? Blow your concentration? Intensify pain? Even increase severity of age-related disorders?<sup>1,2</sup>

Want to know something else really interesting? There's solid evidence that those who sleep about eight hours, on average . . .

**Live Longer!!**<sup>3</sup>

Do you occasionally . . .

- ☐ Have difficulty falling asleep?
- ☐ Wake up several times for no good reason?
- ☐ Find that worry or stress keep you up?
- ☐ Feel dragged out and tired in the morning?

Is that you [Firstname]?

If so, you're qualified to receive . . .

**A Free 30-Day Trial of DreamCaps.™**

[Firstname!] DreamCaps™ is a safe, herbal approach to sleeping more soundly that really works . . .

(Please turn over)

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## 30-DAY FREE TRIAL

Mail To:

Tabak's Health Products  
3198 Airport Loop Drive, Suite G  
Costa Mesa, CA 92626-3407

**YES!** I want to promote quicker, deeper, more restful sleep which is critical to my good health. Please rush my **FREE 30-DAY TRIAL** of all-natural DreamCaps™.

If I don't want DreamCaps™ for any reason, I'll return the unused portion or empty container to you and owe nothing - no questions asked. But if I decide to keep it, I'll gladly pay the bill of only \$25.97 plus shipping, and continue to receive a fresh supply each month, with a bill. I may cancel future shipments at any time.

X

Mail Free Trial Coupon Today!

Sign name here

- 2 -

has no side-effects . . . and is not addictive.

This unique formulation contains . . .

- **Valerian root extract** - used for centuries in Europe to promote enhanced sleep. It safely and gently relaxes your central nervous system.<sup>4,5</sup>
- **Kava Kava** helps you wind down at night. Calms anxiety. Relaxes your muscles.<sup>6,7</sup>
- **Melatonin** helps regulate your sleep patterns so you fall asleep when you want to - and wake up feeling more refreshed.<sup>8,9</sup>

### Free 30-Day Trial With No Risk!

Try DreamCaps™ yourself for a full month. If you find you sleep better - and feel more energized when you wake up - pay the bill that comes with it. If not, just return the empty container. Your bill will be cancelled. No questions asked. And you won't pay us - or owe us - a cent.

What do you have to lose?

Give DreamCaps™ a try. Grab your Free Trial Certificate. Sign it. Pop it in the mail. Today.

And get some sleep, okay?

Sincerely,



Jose Fraga  
For DreamCaps™

P.S. DreamCaps™ is all-natural. Safe. Non-addictive. It helps you sleep more easily. Send for your Free 30-Day Trial today. There's no risk to try it.

#### Supporting References

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### Tabak's Health Products

Superior, Science-Based Nutritional Supplements

3198 Airport Loop Drive, Suite G • Costa Mesa, CA 92626

www.tabaks.com

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# Catalog - Easy Order Form - (Select the products you want and mail entire form with your payment)

Product Name and Description - For more information, go to <a href="http://www.tabaks.com">www.tabaks.com</a>	Qty.	Size	Price	Extension
<b>20/20 Caps™</b> - Promote vision and eye health with these natural ingredients. Lutein has been shown to help support a healthy macula. Vitamin A has been shown to enhance night vision. Carotenoids maintain vision and eye health.	60 Capsules (1 Month)		\$25.97	
<b>Arthritis-Ease®</b> - Safe, long-lasting relief from arthritis pain. 100% all-natural homeopathic remedy. Triggers your body's own healing and pain-reducing process. Safe and gentle approach - no harsh chemicals, no side-effects. No threat to your stomach or digestive system.	60 Capsules (1 Month)		\$25.97	
<b>BetiPlus™</b> - Help maintain healthier blood sugar levels, naturally. Enhances glucose balance. Helps support healthy blood sugar levels. To be used as part of your diet. Not intended to affect abnormal blood glucose.	60 Tablets (1 Month)		\$25.97	
<b>BoneKeeper™</b> - Help maintain stronger, healthier bones with normal bone density. This is a highly compatible, usable, and absorbable calcium-rich supplement. All-natural ingredients have been shown to support healthy bones, while promoting normal bone density. <sup>1,2,3</sup>	90 Tablets (1 Month)		\$29.97	
<b>CholestLo™</b> - Maintain cholesterol levels that are already in the normal range. Keep your total and LDL cholesterol levels in check - safely and naturally, when combined with healthy diet and exercise. <sup>10,11</sup>	60 Tablets (1 Month)		\$25.97	
<b>DreamCaps™</b> - Do you have difficulty falling asleep? An all-natural and safe approach to sleeping. Has no side-effects, and is not addictive. Made of herbal extracts Valerian Root, Kava Kava, and other carefully selected nutrients to promote deeper, more restful sleep in a gentle way. <sup>12,13,14</sup>	50 Capsules (1 Month)		\$19.97	
<b>Dynergy™</b> - Gives you extra energy when you're feeling tired or sluggish. Feel more alive. Improve your attention span and performance in stressful times. Give yourself a natural boost. <sup>15,16,17</sup>	60 Capsules (1 Month)		\$25.97	
<b>GoodMood Food™</b> - Acts quickly against stress and feeling "low." With St. John's Wort. Has positive effects on anxiety, nervousness, and feelings of sadness and uselessness. <sup>18</sup>	90 Capsules (1 Month)		\$25.97	
<b>GluChon 1500™</b> - Support normal cartilage formation while maintaining healthy joint fluid and tissue. Provides Glucosamine and Chondroitin, the building blocks for good lubrication and healthy cartilage. Contains antioxidants, Vitamin C and Manganese, for increased effectiveness. 100% natural. <sup>19,20,21</sup>	60 Tablets (1 Month)		\$25.97	
<b>Here-We-Grow™</b> - Promotes healthier, richer, fuller-looking hair - 100% naturally! It supplies root energizing nutrients that support normal hair growth. Biotin, MSM, Zinc, Fo-ti, Collagen, and more. <sup>22,23,24</sup>	60 Tablets (1 Month)		\$29.97	
<b>HeartShield™</b> - Keep your heart healthy with powerful "cardio" nutrients. Maintain a healthy cardiovascular system. Sustain optimum blood pressure levels. Promote proper arterial flow. <sup>25,26,27</sup>	60 Capsules (1 Month)		\$29.97	
<b>Legulax™</b> - Help prevent nightly leg cramps. Increase blood flow to the extremities during sleep and promote muscle recovery throughout your body. <sup>28,29</sup>	60 Gelscaps (1 Month)		\$25.97	
<b>Mega JointWellness™</b> - Support normal cartilage formation in your knees, elbows, back, fingers, knuckles, hips, and shoulders. Provides the natural building blocks you need to maintain healthy connective tissue. Nourish the creation of healthy synovial fluid to keep your joints moving properly. <sup>30,31,32</sup>	Powder 30-Day Supply		\$29.97	
*\$6 shipping and handling				
<b>MegaWellness™ System</b> - Supercharge your energy, stay healthy, and add life to your years. The perfect multi-vitamin. Our customers tell us they... Feel years younger. Have sharper mental focus. <sup>33</sup> Have surging energy, undreamed-of endurance and stamina. <sup>34</sup> Rebound quicker from stressful situations. Feel healthier and stay healthier. <sup>35</sup> Feel more alive than they have in years. *\$6 shipping and handling.	30 Packets (1 Month)		\$29.97	
<b>Nature's Shape™</b> - Reduce your appetite. Increase your energy. Reduce cravings for sweets. Reduce your food intake at meal times and snack less between meals. Follow label directions carefully. Contains Ma Huang and Guarana. <sup>36,37,38</sup>	60 Capsules (1 Month)		\$25.97	
<b>PotencyPlus™</b> - Helps promote increased sexual energy, healthy virility and youthful vigor that have declined due to age. The ingredients can help to... Enlarge and dilate your body's blood vessels. Improve circulation and keep blood flowing. Support healthy levels of testosterone, which can stimulate desires of intimacy. Follow label directions carefully. <sup>39,40,41</sup>	60 Capsules (1 Month)		\$29.97	
<b>ProstiLo™</b> - Promotes healthy prostate function. Zinc aids healthy prostate function. Saw Palmetto Extract supports a healthy prostate. Stinging Nettle Herb maintains a healthy urine flow. Pygeum Africanum lowers prolactin levels. Selenium promotes a healthy prostate. <sup>42,43,44,45,46,47,48</sup>	60 Capsules (1 Month)		\$25.97	
<b>ReguCleanse™</b> - Nature's secret for maintaining a healthy colon and bowel function. Helps maintain a normal and regular digestive/elimination system. There are NO psyllium seeds or anything allergic. Won't cause that "embarrassing rush" to the bathroom. Helps to keep your bowels moving. <sup>49,50</sup>	90 Tablets (1 Month)		\$25.97	
<b>RegularOne™</b> - Promotes regularity! Very easy on your stomach and is designed for daily use. Helps to keep your digestive system in balance so that it works normally and regularly as it should. <sup>51</sup>	60 Gelscaps (1 Month)		\$19.97	
<b>ReFaze™ Beauty Formula</b> - Enjoy smoother, more beautiful, younger-looking skin. Maintain healthy, glowing skin. Gently attack wrinkles, making them less visible. Reduce the visibility of age spots. Firm up your skin. Help maintain your skin's youthful vitality. <sup>52</sup>	Skin Cream (1 Month)		\$24.97	
<b>Respir8™</b> - Keep your respiratory system healthy and functioning normally. Helps the tissues lining your bronchi, trachea and lungs resist the effects of smog and second-hand smoke. <sup>53,54,55</sup>	60 Capsules (1 Month)		\$29.97	
<b>SatisBaction™</b> - Help maintain a strong, healthy back. Specially formulated to lessen tension. Support spinal disc wellness. Enhance vertebral health. Keep your back and neck functioning comfortably. 100% natural, gentle to your system, and safe. <sup>56,57,58</sup>	60 Capsules (1 Month)		\$29.97	
<b>ShapeSaver™</b> - Watch those extra stubborn pounds begin to disappear - fast! New homeopathic formula helps reduce your appetite and your urge to snack. Plus, it lessens your cravings for sweets. Without stimulants or starvation. 100% natural, homeopathic, and safe.	1 OZ (1 Month)		\$25.97	
<b>Slimming Tea™</b> - Achieve your goals with the help of this Tasty Tea! Natural Slimming Tea™ supports proper colon function, which allows your elimination system to function normally as it should. Within 14 days, when used as part of your overall weight-loss plan, you could begin to see a dramatic difference.	30 Tea Bags (1 Month)		\$25.97	

Please turn over

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Product Name and Description - For more information, go to <a href="http://www.tabaks.com">www.tabaks.com</a>	Qty.	Size	Price	Extension
<b>SuperAmoré™</b> - Jump start your sex drive with this all natural libido enhancer. Promotes intimacy. Increases sexual energy in both men and women.	60 Tablets	1.5 oz	\$29.97	
<b>ThermAway™</b> - Helps convert body fat into energy, so you maintain lean muscle tissue as you shed pounds. Helps your digestive system work more efficiently to turn the food you eat into energy. Use as part of your overall weight loss program.	60 Capsules	1.5 oz	\$29.97	
<b>ThinkCaps™</b> - An intelligent approach to keep your brain and memory sharp. Ginkgo Biloba Extract helps increase blood circulation to the brain, resulting in better concentration and sharper memory in those with age-related absentmindedness. Vinpocetine increases the metabolism in the brain. The benefits of Phosphatidyl Serine on memory loss have been studied extensively.	60 Capsules	1.5 oz	\$25.97	
<b>VitalOne™</b> - Looking for the ultimate in anti-aging? Minimize free radical damage with this super antioxidant. Gives you added cell strength, extra energy and bolsters against destructive free radicals. This "cell-protecting," "anti-aging," supplement helps keep you feeling and looking younger, naturally.	60 Capsules	1.5 oz	\$29.97	
<b>Aloe Vera Whole Leaf</b> - Promotes "cooling" responses in your body and supports colon health.	90 Capsules	1.5 oz	\$16.97	
<b>Bilberry Extract</b> - Supports healthy eye functioning.	60 Capsules	1.5 oz	\$9.97	
<b>Ginkgo Biloba Extract</b> - Supports healthy brain and memory functioning.	60 Capsules	1.5 oz	\$7.37	
<b>Saw Palmetto Extract</b> - Supports a healthy prostate.	60 Capsules	1.5 oz	\$14.97	
<b>Vitamin B12</b> - Promotes and supports a healthy immune system.	60 Capsules	1.5 oz	\$9.97	
<b>Sub Total</b>				
<b>CA residents add 7.75% tax</b>				
<b>Shipping*</b>				<b>\$4.00</b>
<b>Total</b>				

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City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_

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Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Please mail entire form to

**Tabak's Health Products**  
**3198 Airport Loop Drive, Suite G Costa Mesa, CA 92626**  
 Or fax this order 24 hrs a day to (714) 850-1020

**- Please Read -**

☒ Please send me the products I've selected above. My payment is enclosed.

Thereafter, I understand you will continue to send me a fresh supply of what I ordered, each month, with a bill. I may return merchandise for credit or cancel future shipments anytime.

Cash refunds (minus shipping and handling) will only be made for paid merchandise returned within 30 days of purchase.

**Supporting References**

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☐ Based on my answers, please send me other products to try, from time to time, on a 30-Day Free Trial.

If I don't want any product, I'll simply return it and owe nothing. No questions asked.

However, if satisfied, I'll gladly pay the bill that comes with it and continue to receive a fresh supply of it each month with a bill.

I may cancel future shipments at any time. I understand that I can return anything I don't want with your postage paid reply label. There's no risk to me, so I'm going ahead.

**X**

Sign name here \_\_\_\_\_

**Preview Other Products (Optional)**

Please check as many boxes that apply to you. Then circle three of them that are most important to you.

<input type="checkbox"/> Menopause/PMS	<input type="checkbox"/> Increase sexual energy (age related)
<input type="checkbox"/> Maintain cholesterol levels (that are already in the normal range, as part of a healthy diet)	<input type="checkbox"/> Maintain healthy eyesight
<input type="checkbox"/> Reduce wrinkles/age spot visibility	<input type="checkbox"/> Keep immune system healthy
<input type="checkbox"/> Multi-vitamin for overall health	<input type="checkbox"/> Serious athlete/improve performance
<input type="checkbox"/> Maintain bowel regularity	<input type="checkbox"/> A "lift" from blues/sadness
<input type="checkbox"/> Joint discomfort (age related)	<input type="checkbox"/> Maintain a healthy heart
<input type="checkbox"/> Keep prostate healthy	<input type="checkbox"/> Leg cramps (night time)
<input type="checkbox"/> Lose 15 to 20 pounds	<input type="checkbox"/> Get a good night's sleep
<input type="checkbox"/> Healthy glowing skin with natural mask & cleanser	<input type="checkbox"/> Maintain healthy gums
<input type="checkbox"/> Increase daytime energy	<input type="checkbox"/> Maintain healthy lungs
<input type="checkbox"/> Maintain strong bones/density	<input type="checkbox"/> Anti-aging, antioxidant formula
<input type="checkbox"/> Enhance memory/brain function	<input type="checkbox"/> Maintain hair fullness/hair health
<input type="checkbox"/> Blood sugar support (to be used as part of your diet, not intended to affect abnormal blood glucose)	<input type="checkbox"/> Back and vertebrae health

Sex ☐ Male ☐ Female

Date of Birth \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Month \_\_\_\_\_ Day \_\_\_\_\_ Year \_\_\_\_\_

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.